

Disease Control Measures

If pandemic influenza strikes, what will the local public health department do to slow or stop the spread of disease?

There are several interventions local public health departments might employ to attempt to slow or stop the spread of disease.

- **Isolation**—Separate and restrict the movement of a person who is ill with a contagious disease to prevent him from spreading it to others. This is already practiced on a daily basis with tuberculosis patients.
- **Quarantine**—Separate and restrict the movement of a person who is not yet ill, but has been exposed to a contagious disease, to prevent him from spreading the disease to others. This is most likely to be a voluntary quarantine, not one imposed by local authorities.
- **Social Distancing**—Closing large gatherings such as churches, movie theatres, shopping centers, schools and social events for the purpose of reducing close personal contact and thereby preventing the spread of a contagious disease from person to person.
- **Self-Shielding**—Self-imposed exclusion from infected people.
- **Public Health ‘Snow Days’**—Days on which offices, schools and transportation systems are closed and individuals are asked to stay home.

If a person or family is placed in isolation or quarantine, how can their daily needs be met?

Education to families now, before a pandemic occurs is vital to help them understand the importance of preparing today. Items such as bottled water, non-perishable foods, over-the-counter medications, diapers and daily supplies can be stockpiled now, in case a family is unable to get to the store during a pandemic.

Families who find themselves unprepared when the pandemic strikes should ask an unexposed family member, friend or neighbor to purchase the supplies they need and leave them on the doorstep.

What kinds of supplies should the public be stockpiling now in preparation for a pandemic?

Each family should have enough supplies to last at least two weeks, including the following items:

Bottled water	Electrolyte drinks
Non-perishable foods	Thermometer
Tissues	Soap
Disposable gloves	Acetaminophen or ibuprophen
Bleach	Anti-bacterial hand sanitizer
Prescribed medicines or medical supplies	Paper towels
Baby food	Diapers
Pet food	Flashlight
Batteries	Battery-powered radio
Manual can opener	Garbage bags

What can I do if my child’s school is cancelled?

During a pandemic, it is possible that your local public health department will ask schools to close, in order to prevent children from coming into frequent, close, personal contact with each other. Schools may be closed for several days or even several weeks. Listen to a credible news source for information on when schools will be closed and re-opened. Use books and games at home to keep your children engaged and learning while they are unable to attend school.

What will I do if my employer closes my workplace?

It is possible, also, that employers will be asked to close their businesses to keep the public from congregating and spreading the illness. Talk to your employer now about your options. Ask if you can work from home. Explore other options. Also, create a savings account in case you must go without steady income for a period of time.